



# MALAYSIA NATIONAL PARKS



Space



# NATIONAL PARKS OF MALAYSIA

## CONTENTS

<b>1</b>	<b>National Parks of Malaysia</b>	<hr/>
<b>2</b>	<b>Taman Negara</b>	<hr/>
<b>5</b>	<b>Kenong Rimba Park</b>	<hr/>
<b>7</b>	<b>Endau Rompin</b>	<hr/>
<b>8</b>	<b>Tunku Abdul Rahman Park</b>	<hr/>
<b>10</b>	<b>Crocker Range Park</b>	<hr/>
<b>11</b>	<b>Pulau Tiga Park</b>	<hr/>
<b>12</b>	<b>Kinabalu Park</b>	<hr/>
<b>16</b>	<b>Turtle Islands Park</b>	<hr/>
<b>17</b>	<b>Tawau Hills Park</b>	<hr/>
<b>18</b>	<b>Gunung Mulu National Park</b>	<hr/>
<b>20</b>	<b>Niah National Park</b>	<hr/>
<b>22</b>	<b>Bako National Park</b>	<hr/>
<b>24</b>	<b>Similajau National Park</b>	<hr/>
<b>25</b>	<b>Kubah</b>	<hr/>
<b>26</b>	<b>Lambir Hills National Park</b>	<hr/>

The Malaysian jungles have remained virtually untouched by nature or man for more than 100 million years. Indeed, our jungles are much older than those found anywhere in the world including the Amazon and Africa.

Besides the many splendid gorges, magnificent rivers and towering hills, Malaysia's National Parks provide an exhaustive adventure tour of thrills and spills - boating through swirling rapids, stalking big game, fly-fishing for giant

# NATIONAL PARKS OF MALAYSIA

carp, bird-watching, mountain-climbing, exploring limestone caves, swimming in placid river waters, camping amidst giant tropical trees and to the humming of cicadas and the soothing noises of the deep jungle.

Indeed, there are so many wonderful things to do and see in these great wildlife reserves.

A minimal entrance fees is required for parks in Sarawak. Please enquire at the respective parks.





## Introduction

Taman Negara - Malaysia's National Park covering over 4343 sq.km, spans across three states - Kelantan, Terengganu and Pahang - and is situated in the centre of the Peninsula.

Taman Negara originated from a Pahang State Legislation in 1925. Over 1300 sq.km of tropical jungle in its natural state was designated "The Gunung Tahan Game Reserve". This became the National Park in 1938 when the Sultans of Pahang, Terengganu and Kelantan set aside the present area, and named it the King George V National Park. After Independence, the name was changed to Taman Negara.

The stated purpose of Taman Negara is "to utilize the land within the park in perpetuity, for the propagation, protection and preservation of the indigenous flora and fauna..."

Taman Negara offers the visitor a tropical haven for all types of outdoor interests. Whether you seek pure relaxation in tropical tranquility, wildlife observation in one of the richest faunas in the world, bountiful fishing expeditions or adventurous jungle trekking, Taman Negara has it all.

## Planning an itinerary

Most visitors stay in Taman Negara for two to four days, depending on the choice of activity.

For the active, the Park offers an indefinite number of possibilities. Jungle paths span throughout the area for leisurely walks through lowland forests, along picturesque trails and through crossings of small streams.

For the wildlife enthusiast, the trails also bring you to the wildlife hides. All hides in Taman Negara are built over-looking salt-licks and grassy clearings. Animals visit these sites to obtain essential body salts by licking up water and soil. Six hides are situated throughout the park.

# TAMAN NEGARA



**KEY:**

- Path
- - - Path reopened but not cleared
- River
- V.L. Visitors' Lodge
- Salt Lick
- Ranger post opened
- Ranger post to be reopened.



Less than an hour's walk from Kuala Tahan, explore the dark mystique of Gua Telenga, a cave carved by a stream through a limestone outcrop.

Jungle treks of various durations, some up to nine days, are possible. Trekking requires considerable preparations and a jungle guide must be taken on all long trekking journeys. Although challenging, the jungle treks can prove to be an equally rewarding authentic jungle adventure.

The climb up to Gunung Tahan, Peninsular Malaysia's highest peak can be an exciting and challenging feat. Recommended time for the climb and return trip is nine days. Prior jungle trekking experience is an asset for the climb.

For those seeking relaxation, the river trip down Sungai Tahan provides a pleasant day of picnicking, swimming and fishing at leisure. The exciting trip down Sungai Tembeling moves through seven areas of powerful rapids. Parties may rent boats on a daily basis for jungle exploration by river at their own pace.

For a fishing holiday, Sungai Kenyam has been the most patronised fishing river. The lower reaches of Sungai Tahan up to the barrier of Lata Berkoh are reasonably placid and there are many large pools containing plenty of fish. Above Lata Berkoh cataract, there is a succession of pools and rapids, all excellent fishing water, but seldom fished. The most suitable months for fishing are February, March, July and August. For extensive planning and further information, a comprehensive range of information sheets and trail guides are available at Park Headquarters.

## Accommodation

Taman Negara Resort has 15 new chalets which comprise 11 units of Superior Room, 2 units of Deluxe Room and 2 bed-room suite.

All the rooms have attached bathrooms and modern sanitation. Later, there will be a total of 51 new



units, 7 deluxe units, two 2-bedroom suites and a 12-room rest house.

There are Visitor Lodges at Kuala Terenggan and Kuala Kenyam and Fishing Lodges at Lata Berkoh and Kuala Perkai. In the Visitor Lodges, beds and bedding are provided as well as eating utensils, a kerosene stove, lanterns, and water supply. At the Fishing Lodges, beds and mattresses are provided, but occupants must carry bedding and cooking equipment from Kuala Tahan.

Tents are available for hire, for those who wish to live, "under canvas" and there are many beautiful campsites available. There is also an area to set aside for camping at Kuala Tahan.

### Food and Provisions

There are full catering facilities for all meals at the Taman Negara Resort, and a comprehensive menu is available covering both local and western food. Meals for the group need to be ordered in advance.

Provisions for journeys further afield may be purchased from the mini market at Kuala Tahan, at reasonable prices. Tinned foods, rice, noodles and some fresh local fruits and vegetables are available here, plus many incidental items.

No catering facilities are provided at the outlying lodges, so visitors must undertake their own cooking there.

All payments for boat trips, accommodation, etc., are made at the office at the end of your stay, i.e., on the morning of your departure.

### Flora and Fauna

Nowhere else in Peninsular Malaysia can one find such an undisturbed diversity of habitats and plant communities. These flora range from the lowland dipterocarp forests and riverine vegetation, through the oaks and laurels of the intermediate altitudes, to the dwarf upper montane ericaceous vegetation in the summit region of Gunung Tahan. Epiphytes



such as orchids and ferns are numerous along Sungai Tahan and Sungai Kenyam. Palm flora, the montane forest is extremely rich and includes the endemic palm *Liviston Tahanensis*.

The most notable feature of Taman Negara's wildlife is the abundance of birds. 250 species have been recorded in the Park. Of the many spectacular birds, the most easily seen and heard are the hornbills. The firebacked Pheasants are sometimes flushed along jungle trails. The Fishing Eagle and Kingfishers are often seen along the river, and the Sungai Tahan is a favourite area of the masked Finfoot.

Wildlife generally is more numerous and diverse in the lowlands than at higher altitudes and the tropical rainforest harbours the richest of mammals faunas. Mammals can be difficult to see, due to the density of the vegetation and the animals' shy tendencies.

From the hides in the Taman Negara interior, larger animals which may be seen include the Seladang (Wild Ox) Sambar, Barking Deer, Wild Pig and Tapir. Elephants, Tigers, Leopards, Sunbears and Sumatran Rhinoceros are all present in Taman Negara, but sightings are usually rare by visitors.

Along the jungle trails, primates are often heard and sometimes observed. Longtailed Macaque may be seen along the rivers. Leaf Monkeys most often are heard as they crash through the tree-tops when disturbed. White-handed Gibbons and Siamang, in family groups, make an exciting morning chorus from high up in the forest canopy.

### How to get there

Taman Negara Jetty at Kuala Tembeling is situated on Sungai Jelai just above its junction with Sungai Tembeling. A 59 km riverboat journey up Sungai Tembeling from the Taman Negara Jetty is the only way to reach Park Headquarters at Kuala Tahan. From Kuala Tahan the rest of Taman Negara is accessible.



There are no roads in Taman Negara but extensive travel is possible through the park by river and walking trails.

## HOW TO GET TO KUALA TEMBELING

### Private Transportation

The drive to Jerantut (along the route to Mentakab or Raub) takes about three to four hours from Kuala Lumpur. From Jerantut, Kuala Tembeling is sixteen kilometers further north. Follow signs from Kuala Tembeling to jetty.

### Public Transportation

Taxis from Kuala Lumpur leave Pudu Raya bus terminal for Temerloh or direct to Jerantut. Buses to Temerloh leave from the Pahang bus station at Jalan Tun Razak. From Temerloh to Jerantut, both buses and taxis operate. A local taxi and bus service operate between Jerantut and Tembeling.

A bus service operates between Kuantan and Jerantut.

From Singapore, a night train leaves at 10.00 p.m. and arrives at Tembeling Halt at 7.57 a.m. the next morning. From Tembeling Halt it is a half-hour walk to the jetty.

From Kota Bharu, a south bound train leaves from Tumpat at 10.00a.m and reaches Jerantut by 7.30p.m.

### Keretapi Tanah Melayu Bhd (KTM - Station)

Kuala Lumpur Tel: 03-2747435  
Singapore Tel: 02-2225165

### By Air

Pelangi Air offers packages from Kuala Lumpur and Kerteh which includes return fare, full board and lodging and tours.

For further details, please contact:  
PELANGI AIR Tel: 03-7463000

### Additional Suggestions

Loose-fitting cotton clothing is most comfortable in the humid jungle atmosphere. Clothing should be as leech-proof as possible for journeys into the jungle. Long trousers tucked



into boots or shorts with footwear treated with repellent should be sufficient leech protection.

- Jungle boots or gym shoes are best choice for footwear.
- A poncho-style rain cover-all may be useful
- Visitors to Taman Negara are not permitted to carry any glass into the jungle.
- A first aid kit and insect repellent are helpful essentials.
- A fishing licence, (RM 10) and camera licence, (RM 5) is required for anyone wishing to engage in such activities.
- Park permits, (RM 1 per person), are required for all park visitors.
- Taman Negara is an unspoiled wilderness, leave it as you find it – please deposit all rubbish in the places provided.

For further information, please contact:

### WILDLIFE AND NATIONAL PARKS DEPARTMENT

Km10, Jalan Cheras  
56100 Kuala Lumpur  
Tel: 03-9052872

### MATIC

109, Jalan Ampang  
50450 Kuala Lumpur  
Tel: 03-2423929

For Reservations, please call:

### TAMAN NEGARA RESORT

Kuala Lumpur Office  
2nd floor, Istana Hotel  
Jalan Raja Chulan  
50250 Kuala Lumpur

Tel: 03-2455585 Fax: 03-2610615

### Kuala Tahan Office

TAMAN NEGARA RESORT  
Kuala Tahan, Jerantut  
27000 Pahang

Tel: 09-2635000 Fax: 09-261500



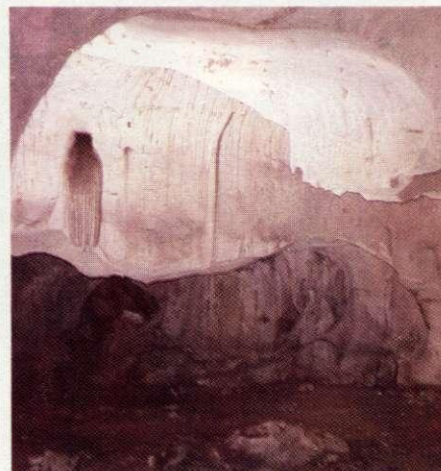
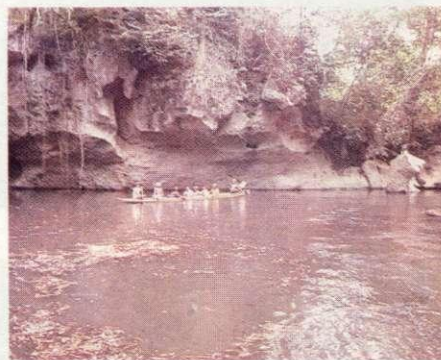
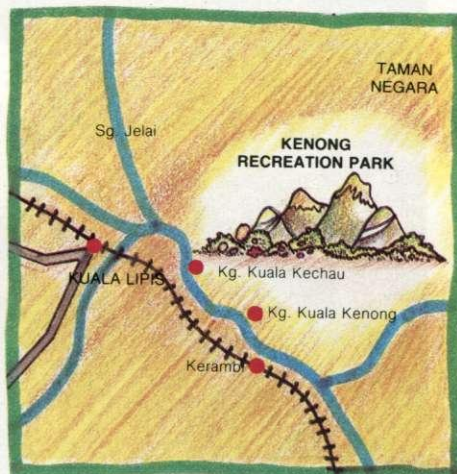
Amidst the unspoilt natural surroundings of the Kenong Recreation Park, the visitor will find much to charm him... the serenity of cool green forests, cascading waterfalls, clear mountain streams, a variety of flora and fauna and the merry chirping of birds. The Park also offers much adventure.... scaling the steep rocks, exploring limestone caves, swimming in the river and camping in the shade of tropical foliage.

Covering some 128 sq. km of lush vegetation, the Park is situated in the Kenong Valley and is traversed by the Kenong River. To the north and east is Taman Negara.

There are several places of interest worth visiting:

- A 10-minute walk through a Malay kampung leads you to 'Gua Batu Tinggi.' According to local folklore, the cave was formed when a sampan bearing the Sultan's messenger from Pekan, was turned to stone as a result of a curse. The Kenong River flows gently below the caves. The caves, situated approximately 122-152m above sea level, is the natural habitat for a host of flora which includes orchids, "pokok Ara" and parasitic plants which thrive among the branches of the gigantic trees. It is also the home of numerous varieties of birds like the merbah, pigeons and merbuk to name a few.
- Nearby, water lilies of multi-hued profusion grace the serene waters of the padi-fields. Traditional methods of harvesting are still being practised as in the days of old.
- A 30-minute walk away from 'Gua Batu Tinggi' is "Gua Batu Tangga." The caves derive its name from a unique formation of rocks, rather like a series of stone steps located within its recesses.
- Within this area also, may be found 'the Pelandok' (mouse deer), porcupine and possibly elephants too.
- Other caves within the area are:
  - Gua Batu Tangkap
  - Gua Batu Telakup

# KENONG RIMBA PARK



- Gua Hijau
- Gua Harimau

Each has its fair share of fascinating legends and unique geological formations.

- For those more energetically inclined, a climb up 'Bukit Batu Kapur' in the Kesong Valley offers considerable challenges. At the peak of the hill, you may chance upon the footprints of the 'Kambing Gurun' - a rare species of Malaysian wildlife. The local belief is that it is reared by the 'makluk halus' (fairies) and can only be seen by certain people.
  - Another interesting legend is the one about the mango tree which bears luscious fruits of such sweetness. They may be eaten but a curse will befall anyone who tries to bring them home.
  - 'Air Terjun Tujuh Tingkat,' set amidst luxuriant surroundings, offers an enchanting vista to behold. Its cascading waters splash down into a rocky pool at its foot. The cool, clear water is utterly refreshing; ideal for swimming. You may explore every nook but watch out for the slippery stones.
- The area is a haven for picnickers and fishing enthusiasts.

## How to get there

A 5-minute walk away from the railway station (9th mile, Kuala Lipis) is the jetty of Sungai Jelai. Take a sampan for a 20 minute ride to Tanjung Kiara.

Alternatively, the journey by the river from Kuala Lipis takes between 2-3 hours.

There is a tour package organized by a travel agency and Keretapi Tanah Melayu Berhad.

For further information, please contact:

## KERETAPI TANAH MELAYU BHD STATION

Kuala Lumpur

Tel: 03-2747435  
03-2747442

Johor Bharu

Tel: 07-2233040



## Visitors' Dos & Don'ts

(Effective August 1, 1994)

In order to conserve and protect the KENONG RIMBA PARK and its environment, strict rules have to be adhered to and enforced by the authorities.

Following are basic guidelines for the visitors :-

### Permit

A permit from the Lipis District Forest Office in Kuala Lipis is required. This can be obtained by post or calling at the office. The address is :

Lipis District Forest Officer,

Government Office Complex, 27200 Kuala Lipis, Pahang,

Malaysia (West)

Tel: 609-311273 or 314106

At the park, visitors are required to report to the Park Ranger upon arrival.

### Guides

Visitors, individuals or groups are only

allowed to enter the park if they are accompanied by registered local guides. One guide can only take a maximum of ten visitors. The guide is responsible for the safety of the party and for enforcing park regulations, but the main part of his work is to point out items of interest and to answer visitors' questions.

### It Is An Offence to :-

- Enter the park without a permit.
- Willfully or negligently deface, damage or destroy any object or zoological, botanical, geological, ethnic, scientific or aesthetic value.
- Bring any weapon, explosive, trap, net, poison or any other thing intended or calculated to cause injury to any animal living within the park.
- Disturb any nest, kill, injure, capture or molest any animal.
- Deface or destroy any notice, boundary marks, or any other material belonging to the park authorities.

- Without authorisation, use or occupy any building, vehicle, boat or any other park property.
- Leave or bury within the park area any trash and non-biodegradable disposables, bottles, cans, plastics, which will litter or pollute the floor area of the park.

For further information, please contact :-

#### DISTRICT FOREST OFFICER

Government Office Complex

27200 Kuala Lipis, Pahang

Malaysia (West)

Tel: 09-311273, 314106 (Direct)  
& 2777767 (Toll-free)

or

#### TOURIST OFFICE

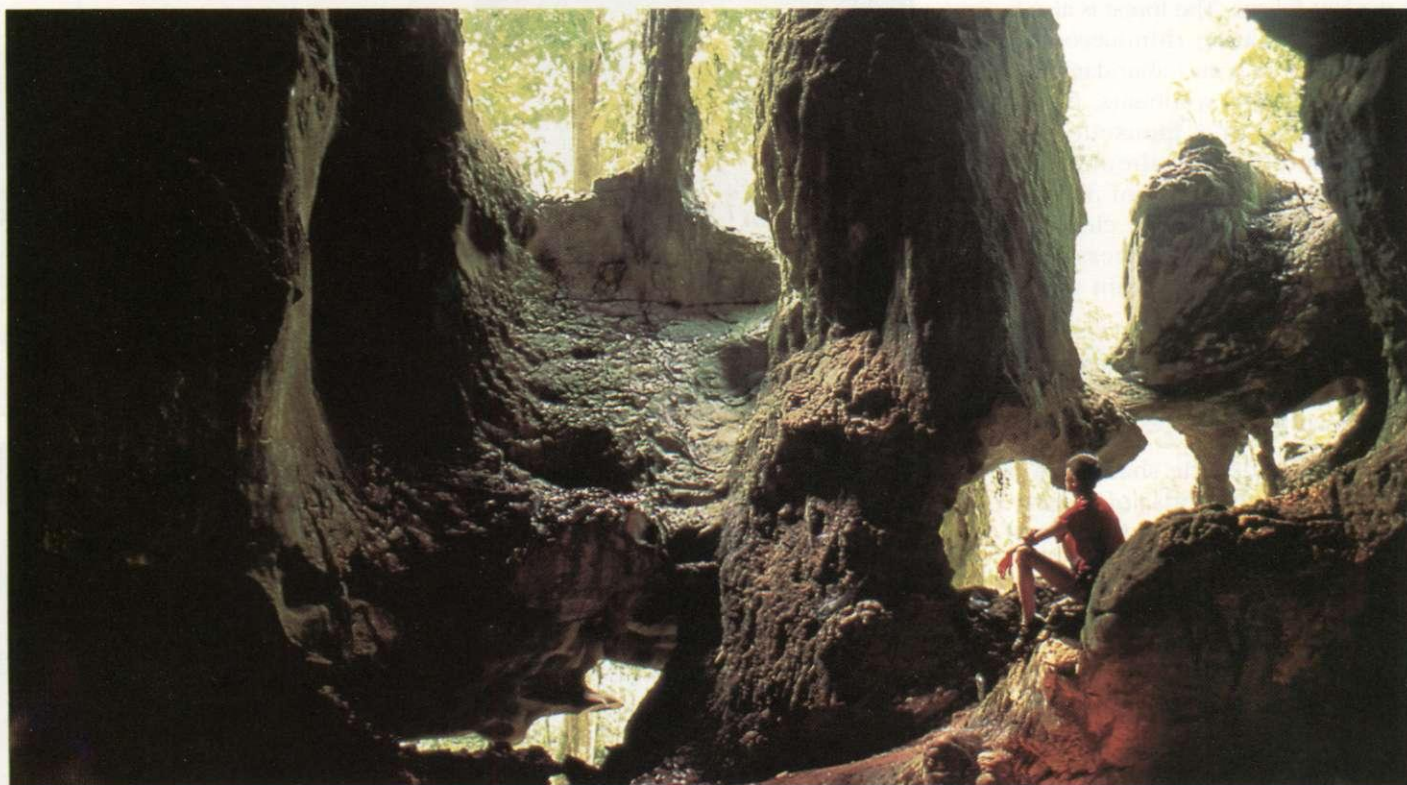
KTMB Railway Station

27200 Kuala Lipis, Pahang

Malaysia (West)

Tel: 09-313277 & 312144

Fax: 609-311117





The Endau-Rompin area, covering an estimated area of 870 sq. km, straddling the boundary between Johor and Pahang, is one of the few remaining lowland forests in Peninsular Malaysia. It encompasses the watershed of the Endau and Rompin rivers from which it derives its name. A scientific expedition carried out in 1985-1986 revealed that this lush and relatively undisturbed area contains a wealth of unique flora and fauna.

Many unique and endemic varieties of plants have been discovered within the centuries-old forest, such as the magnificent fan palm ( *Endau ensis* ), climbing bamboo ( *Rhopa loblaste* ) and the slender-stemmed walking stick palm ( *Phychorapis singaporensis* ) with its delicate feather-like leaf fronds. Pitcher plants, toadstools and orchids also grace the forest floor. Moths and butterflies of every shape and hue can also be found flitting among the verdant foliage. The forest is also home to the Sumatran rhinoceros and its reputedly rich and abundant wild-life include tigers, wildboars, elephants, tapir, deer and mousedeers. The unpolluted rivers abound with an astounding variety of fish easily observed through the clear waters. Hornbills and argus pheasants have also been sighted within the dense greenery.

A visit to this area promises a rare and fascinating insight of life in the Malaysian lowland forest.

- Trek under the shady canopy of trees hundreds of years old and share in the secrets of its wilderness.
- Swim in cool crystal-clear mountain streams or plunge into the cool river.
- Fish in the cool clear mountain streams and haul in your catch for dinner.

# ENDAU ROMPIN



- Spend a night beside the cascading falls and brace yourself for an encounter with the elusive nocturnal creatures.

## How to get there

It is advisable to seek an entry permit before making any arrangement to visit this area. This can be obtained from:-

PERBADANAN TAMAN NEGERI JOHOR

JKR 475,

Bukit Timbalan

82503 Johor Bahru

Tel. No: 07-2237344

07-2237345

Fax No: 07-2235253

Special tours may be arranged to the area to accommodate a variety of interests (bird-watching, botany, nature study, etc.)





The five islands of Taman-Taman Sabah is a treasure-trove of white sandy beaches, sparkling aquawaters of the South China Sea, exotic corals and tropical marine life.

Situated just off the west shore of Kota Kinabalu, the sunshine and fresh sea air of these tropical havens are easily accessible.

Go island hopping and take in all the sand, surf and natural tropical beauty each island has to offer.

### Pulau Gaya

3.67 acres in size, Pulau Gaya is the largest island in the park, only 15 minutes from the mainland.

The calm and clear waters of Bulijong Bay along with the enticing white sands of the Police Beach create the perfect atmosphere for swimming, snorkelling and picnicking. For hiking and camping, some 20 kilometres of graded nature trails weave throughout the lowland dipterocarp rainforest of the island.

Island day-use facilities include a large public shelter, changing rooms, fresh water supply and public toilets.

### Pulau Sapi

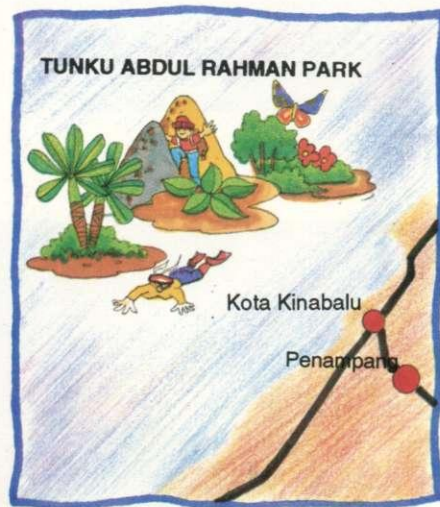
Sapi is the most popular island of Tunku Abdul Rahman Park. A large shelter and barbecue area with picnic tables and public toilets along the natural backdrop of clean sandy beaches and emerald-clear waters provide an ideal camping location.

To discover Sapi's shores and underwater beauty in more depth, a glass boat rental service is available. Hiking trails on Sapi are highly organized and provide an excellent layout of Sapi's interior.

### Pulau Mamutik

The island of Mamutik provides a back-to-the-basics camping area creating a "stranded-on-a-tropical-island" effect. Currently, basic facilities such as water, electricity and picnic tables are available along with a resthouse is available at RM 180.00 on weekdays and RM 250.00 on weekends/public and school holidays. The 3-bedrooms resthouse can accommodate 8 person per night.

# TUNKU ABDUL RAHMAN PARK



Pulau Mamutik abounds with rich corals rarely found elsewhere. The exquisite white colonies of distichopora and clusters of red dendrophyllia corals form a magnificent reef on the north eastern tip of the island.

### Pulau Manukan

This long island about 51 acres in size is said to look like a partially submerged whale basking in the sun.

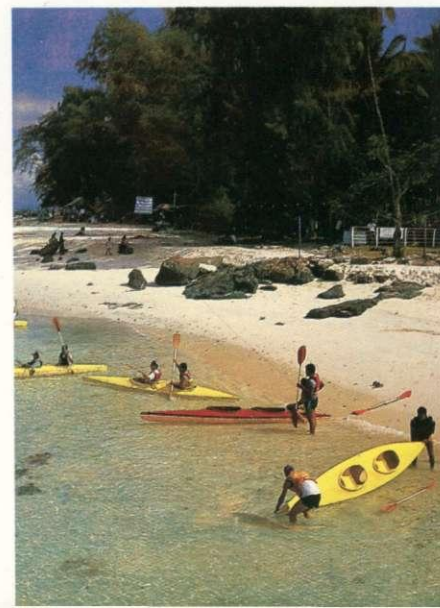
Manukan has a particularly long beach on its eastern side and it is also the site of the Park Headquarters. It offers visitors a number of chalets set amidst the verdant greenery beside a host of visitor facilities including picnic shelters and a restaurant.

### Pulau Sulug

Furthest from the mainland and one of the least developed of all the five islands, Sulug creates a magnificent and abundant display of coral beds and coral heads along its extensive reef rim. The reef is densely packed with Acropora, Echinopora, Montipora, Pocillora and Seriatopora corals. Shoals of vivid tropical fish and other exotic marine life dart between reefs creating a feast for the eyes. For overnight camping, permission from the Sabah Park Head Office in Kota Kinabalu must be obtained in advance.

### Transportation

There are daily boat services to the islands from Kota Kinabalu main centre jetty. Departures are at 9.00, 10.00 and 11.00 in the morning and pick-ups in the afternoon at 1.30, 2.30 and 3.30. During weekdays, boats must be chartered. Most boats can accommodate up to 12 passengers.





## Flora, Fauna And Marine Life

The flora around the islands vary from casuarina trees creating shady spots on the open beaches, mangrove swamps and the tropical lowland dipterocarp rainforests throughout the island interiors and nature trails.

Squirrels, monkeys and pangulins are plentiful along most of the islands. Harder to spot is the bearded pig, which literally has a tuft of hair hanging from its very long snout.

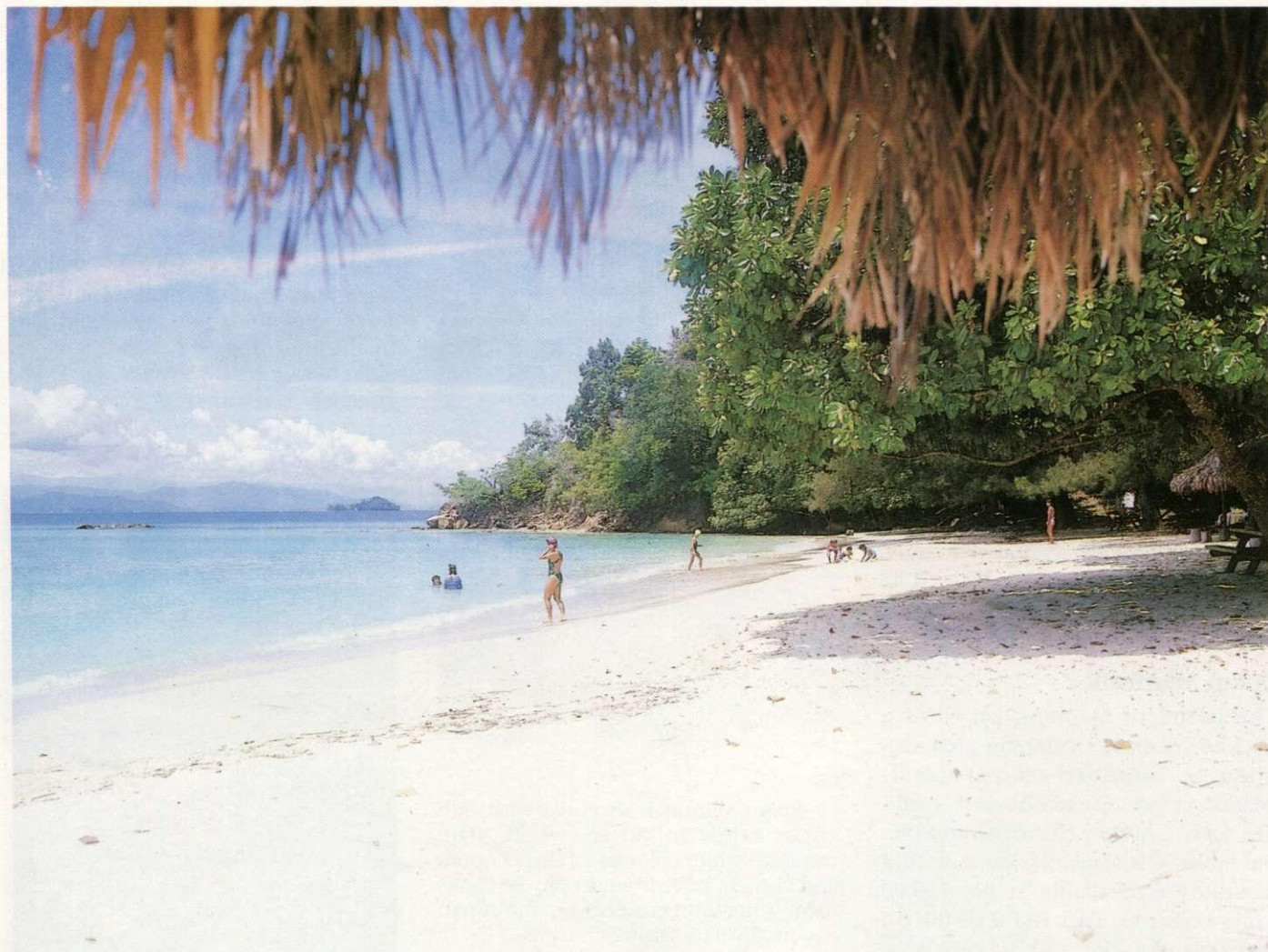
Exploring the colourful underwater



coral reefs is a truly fascinating experience. The reefs attract numerous exotic sea creatures. All of the islands abound with coral beds, mostly near the beaches.

Hotels in Kota Kinabalu and in Tanjung Aru, just 6km from Tunku Abdul Rahman Park provide facilities for hiring of speed boats to facilitate activities - like scuba-diving and picnicking on the islands.

Scuba-diving and snorkelling lessons for the inexperienced are available by private instructors.



*Perfect for a beach outing - the white sandy beaches of Pulau Gaya*



The Park's boundary spreads to 8 districts namely - Tuaran, Ranau, Penampang, Tambunan, Papar, Beaufort and Tenom. Rugged topography, most of the park boundaries lie above 300 metres and most of the areas are steep.

Twelve rivers have their sources within the park: Sg. Kimanis, Sg. Papar, Sg. Bongawan, Sg. Membakut, Sg. Padas flow towards the West coast. Sg. Melalap, Sg. Pampang, Sg. Pengalan, Sg. Liawan, Sg. Apin-Apin, Sg. Tandulu and Sg. Tikalod flow towards the interior plains.

### Flora and fauna

The Park consist mostly of dipterocarps forest with a small percentage of

# CROCKER RANGE PARK

montane forest. Primate animals such as orang utans, gibbons, tarsiers, long-tailed and pig-tailed macaques, porcupines, bears, civet cats, marbled cats and wild pigs roam the park freely. Hornbills, pheasants and partridges can also be seen in the park.

### Tourist facilities

Presently none, but there are plans to

construct an office and renovate the existing forestry buildings as the Park Headquarters.





Spread over 607 hectares, Pulau Tiga Park was designated as a Forest Reserve in 1933.

Approximately 7 km. of reef around the island cover a total of about 100 hectares. To date 35 general and 98 species of hard corals have been identified.

### Flora and fauna

The Park boasts of undisturbed seashore trees such as Barringtonia, Calophyllum, Termanilia catappa and Casuarina.

Other species include "ranggu" and "keruing". Fruits like mangosteens, jambu, langsai, mata kucing and rambutans are in abundance. Hornbills, megapodes, nightjars, magpies, robins, bulbuls, sunbirds, rollers, sea eagles, frigate birds, black-naped and bridled terns can easily be seen. Flying foxes, long-tailed macaques and monitor lizards all make their homes in the Park. Sea snakes are known to breed at P. Kalampunian Damit.

# PULAU TIGA PARK



### Accommodation

A 2-bedrooms resthouse for 4 persons (2 persons per room) is available at RM60.00 per room per night. Two cabins for 16 person at RM30.00 per person per night. Each cabin has 2 bedrooms with 4 person in each room.



Towering 4,101 metres (13,455 ft) above the mysterious tropical jungles of North Borneo in Sabah, Malaysia, Mount Kinabalu is the majestic centerpiece of Kinabalu Park and is also the highest mountain in South-East Asia.

Despite its intimidating size, Mt. Kinabalu is one of the easiest mountains in the world to climb. No special skills or equipment are needed, and each year, thousands of visitors climb to the summit of Mt. Kinabalu, Low's Peak. Keep in mind, however, that the ascent is a physically tough and challenging climb, requiring a minimum of two days to reach the summit. Because of lack of oxygen in the higher mountain altitude, those with high blood pressure and weak hearts are advised not to make the climb.

Merely being able to climb to the top of Mt. Kinabalu - as intense as it undeniably is - isn't the only experience that awaits you. Mt. Kinabalu is a botanical paradise, with an amazing number of plants, many unique to the area. The Park Reserve surrounding the mountain provides plenty of nature trails weaving through the majority of the park area. Hikers are free to explore the trails on their own and guided walks are also available.

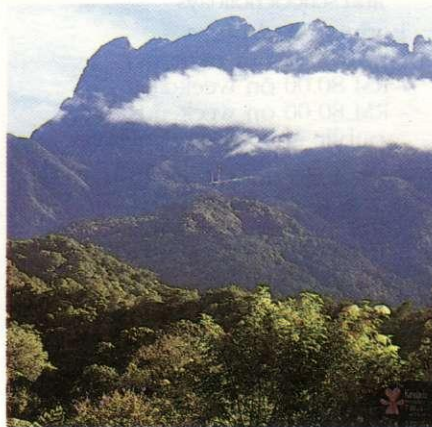
### Preclimb Information

Prior to arrival at the Kinabalu Park and before the actual ascent of the mountain can be made, guests need to make necessary arrangements for transportation, accommodation, and climbing reservation.

### Transportation

The park is approximately 90km from Kota Kinabalu and the journey takes about 2 hours. Mini buses depart daily from Kota Kinabalu to Ranau, from 6.00am-3.00pm and stop at Kinabalu Park along the way. The fare is RM8.00 one way per person. Bus services regularity depends on season and demand. For transport from Kinabalu Park to Kota Kinabalu, mini buses pass

# KINABALU PARK



Kinabalu Park around 8.30am and 12noon - 1pm daily. You'll need to stand by the side of the main road to wave them down. The fare to Kota Kinabalu is around RM8.00

Taxis can be chartered from Kota Kinabalu. Fares vary but can be gauged to an average of RM80.00 for four passengers per taxi. It's advisable to negotiate the taxi fare before departure.

Groups can charter mini buses from Kota Kinabalu. Prices range from RM224.00 for non air-conditioned 24 seaters; to RM300.00 for air-conditioned 28 seaters.

Groups up to 12 people can also charter Land Rovers from Kota Kinabalu. The Land Rovers and minibuses depart Kota Kinabalu for Kinabalu Park around 8.00 am and Kinabalu Park for Kota Kinabalu around 1.00 pm daily.

### Accommodation

Overnight accommodation is provided at the Kinabalu Park, Poring Hot Springs and in mountain huts at 11,000 feet and 12,500 feet on the summit trail. Ideally, these reservations should be made at least one week in advance and climbers should note that on school and public holidays and particularly on weekends, accommodation may be fully booked. The sooner reservations are made, the better.

### Kinabalu Park

1. Nepenthes Villa  
(2 bedrooms/4 persons) - 1 unit  
RM250.00 per night (Weekends)  
RM180.00 per night (Weekdays)
2. Rajah Lodge  
(5 bedrooms/10 persons)  
RM1,000.00 per night
3. Kinabalu Lodge  
(4 bedrooms/8 persons) - 1 unit  
RM360.00 per night
4. Double Storey Deluxe Cabin  
(3 bedrooms/7 persons) - 1 unit  
RM250.00 per night (Weekends)  
RM180.00 per night (Weekdays)



5. Single Deluxe Cabin  
(2 bedrooms/5 persons) - 1 unit  
RM200.00 per night (Weekends)  
RM150.00 per night (Weekdays)
6. Duplex Two-Bedroom Chalet  
(6 persons in each) - 4 units  
RM200.00 per unit/night (Weekends)  
RM150.00 per unit/night (Weekdays)
7. \*Annex Suite  
(2 bedrooms) 4 person - 4 units  
RM1600.00 per annex/night (Weekends)  
RM100.00 per annex/night (Weekdays)
8. \*Twin Bed cabin  
(2 persons in each) - 10 units  
RM80.00 per cabin/night (Weekends)  
RM50.00 per cabin/night (Weekdays)
9. New Fellowship Hostel.  
(52 persons in dormitory room)  
RM15.00 per adult/night  
RM4.00 per student/night
10. Fellowship Hostel  
- RM 10.00 per person  
- RM 5.00 per person below the age of 18 years  
(\*) No fireplace and kitchen facilities are provided

Each of the above cabins is provided with a fireplace, kitchen, shower, gas-cooker and a refrigerator and cooking and eating utensils.

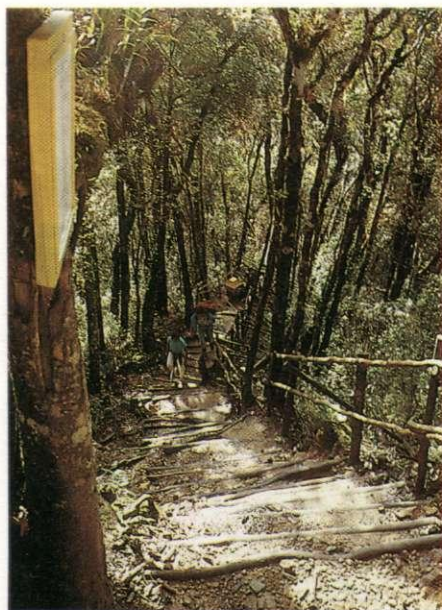
Visitors must bring their own food if they want to cook. Otherwise, simple meals (both Western and Local) are available at the Clubhouse and Canteen in the new Administration Building.

Electricity, piped water and firewood are all provided free of charge.

All accommodation fees are subject to 5% Government Service Tax.

## Poring Hot Springs

The prime attraction here is the Hot Springs, first developed by the Japanese during World War II and now piped into several open-air Japanese style baths. For visitors with more time there are graded paths leading through rich lowland forest to mountain rivers, waterfalls and the tumbled bat caves.



Visitors can often see birds and wildlife along the trail. A playing field and courts for volleyball and sepak raga are also available.

The hot springs contain sulphur water which has curative properties for skin diseases.

## Accommodation

### PORING HOT SPRINGS

1. Poring 3-bedrooms  
Cabin-1 unit (6 persons)  
- RM 75.00 on weekdays  
- RM 100.00 on weekends / public and school holidays
2. Poring 2-bedrooms  
Cabin-1 unit (4 persons)  
- RM 80.00 on weekdays  
- RM 80.00 on weekends / public and school holidays
3. Poring Hostel-2 units  
(24 & 40 persons)  
- RM 10.00 per person  
- RM 5.00 per person below the age of 18 years
4. Camp Ground (60 persons)  
- RM 5.00 per person per night  
- RM 2.00 per person per night below the age of 18 years

Visitors going to stay overnight at Poring Hot Springs must bring their own food as there is no canteen facilities there.

## Mountain Huts At 11,000 feet

Lodging facilities on the mountain at two altitudes, 11,000 and 12,500 feet, are provided for climbers as an overnight rest area prior to the ascent to the summit.

1. Laban Rata Resthouse-  
54 bunks (dormitory with heater)  
- RM 26.25 per person per night  
- Gunting Lagadan Hut-44 bunks

### Climbing Arrangements

Climbing permit rates :

- RM 10.00 per person per climb
- RM 2.00 per person below the age of 18 years per climb

This 15-minute journey will cost RM 4.00 per person for a return trip.

- (•) *The mountain huts cost RM10.50 per night/adult and RM5.25 per night/student. Wooden bunks with mattresses, gas cylinder cooking and a limited supply of eating utensils are provided. Climbers must bring their own food for cooking.*

Personal Accident Insurance Coverage.

Every climber is compulsory to take up this scheme at RM 3.50 per person per climb. To be paid in cash term at Kinabalu Park before the climb.

## Climbing Arrangements

Park regulations require all climbers to be accompanied on the ascent with a registered mountain guide. Porters are also available. Reservation for their services must be made at least one day in advance at Kinabalu Park.

As the guides and porters are not park employees, their fees of RM60.00 each should be paid before the ascent.

Those wishing to make the ascent must obtain a climber's permit, available at Kinabalu Park, before the climb.

Climbing permit rates :

Adult -	RM10.00
Student -	RM2.00



Lockers are available free of charge at the Park reception office to store excess baggage for the climb. Rental of blankets, pillows, mattresses, rucksacks, and sleeping bags are also available here to take up the mountain.

The mountain trail begins just past the Power Station and is approximately one hour's walk from the Kinabalu Park administrative office. You can shorten your walk and save about 500 metres of vertical climb by using the transport available from Kinabalu Park Administrative Office. This 15-minute journey costs between RM10.00 - RM20.00 per person. You can prearrange a round trip shuttle for the transport to meet you upon your descent to the Power Station.

### The Ascent

Climbers are encouraged to begin the ascent at 7.00 a.m. from the Power Station, although no climbing is permitted before this time. The climb starts with a graded trail and soon joins a jungle track which eventually leads to the mountain huts at 11,000ft and 12,500ft and finally to the Summit - Low's Peak.

### Average walking times:

Park Headquarters to Power Station

■ 1 hour

(or 15 minutes' drive)

Power Station to Kambarangoh

■ 1 ½ hours

(just 3rd shelter)

Kambarangoh to Layang-Layang

■ 1 ½ hours

Layang-Layang to Pakka Cave

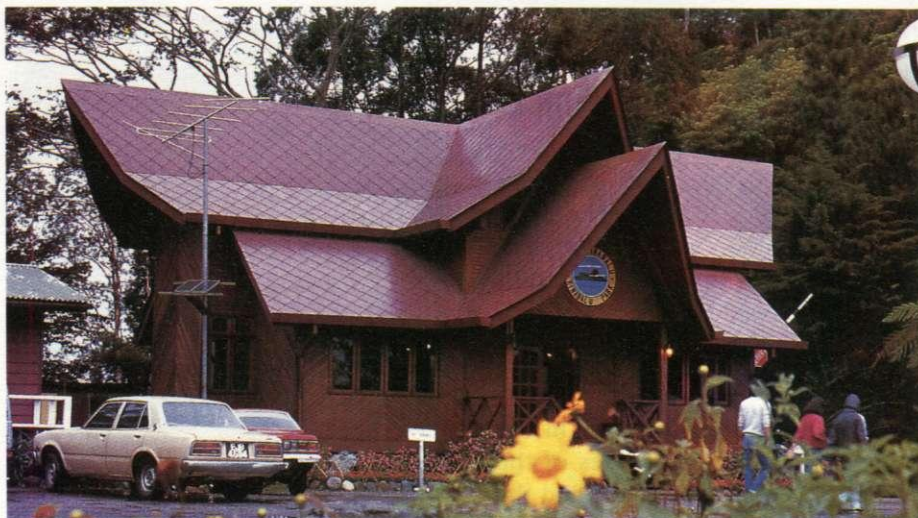
■ 1 ½ hours

Pakka Cave to Panar Laban

■ 1 ½ hours

Panar Laban to Sayat-Sayat

■ 1 ½ hours



With an early morning start, most climbers will reach the various mountain hut stopping points at 11,000 ft. for the evening - by around 3.00 pm at 11,000ft. The mountain hut at 12,500ft is approximately one and half hour's walk away.

### Ascent to Low's Park

Climbers and guides must start this leg of the climb early, by 3.00 am., in order to allow enough time to reach the peak for the brilliant sunrise, usually occurring between 5.30 - 6.00 am

The Mountain is particularly windy, brisk and dark at this altitude in the early morning, and it is crucial for

climbers to dress warmly with gloves and head covering. Don't forget your torch light - an essential item indeed.

Most people climb to the summit in time for the picturesque sunrise and dawn sweeping across the vast openness of the mountain terrain. In good weather, almost all of Sabah can be seen before the clouds come up. Clouds usually appear around 9.00am, so climbers should begin the descent before the clouds set in.

### Essentials to bring

- ☛ Comfortable shoes are a must - tennis shoes or hiking boots are ideal.
- ☛ Warm clothes - at night, temperatures on the mountain can fall below freezing. Layering of natural fibres is recommended. Pack all clothes in plastic bags. Rain and wind gear, gloves, headcovering and bandannas are necessary.
- ☛ High energy trail food - chocolate, nuts, raisins, high-glucose foods are recommended.
- ☛ Water bottles
- ☛ Torch light
- ☛ Headache tablets, tissue paper, a few plastic bags and plasters are all useful.



## Flora and Fauna

Mount Kinabalu is stocked with botanical beauty, and many plants are unique to the Kinabalu Park area.

Besides some of the more extravagant varieties belonging to the orchid family, like the mountain Necklace Orchid, almost one thousand other orchids species have been discovered. Several varieties of the rhododendron species flourish along the mountain as well.

By taking time to explore a few metres into the ground on the sides of the mountain path, the hiker can find the insectivorous pitcher plant. Many elaborate types of pitcher plants grow profusely here in all sorts of shades, colours and sizes.

One of the largest flowers in the world grows here. Its giant red blossom, the *Rafflesia* can grow to over 170 cm in diameter. These flowers located somewhere between 600-12,000 metres above sea level on the primary forest floor, is a sight the climber should not miss.

Several bird varieties including the Mountain Bush Warbler, Kinabalu's own Kinabalu friendly Warbler, palefaced Bulbul and Mountain Blackeyes are seen and heard throughout the various altitudes of the climb. More than 250 bird varieties have been recorded. Small mammals which inhabit the mountain



include mountain squirrels, tree shrews and bats.

## Photography

Bring a fast panchromatic film for use in poor light and a slower film for outdoor photography. The thick and often shaded forest is inconsistent in lighting, so flash equipment is helpful.

## Park Regulations

Under the Sabah Parks Enactment of 1984, it is an offence to :

- ☛ Kill, capture, disturb or remove any animal, nest or eggs.
- ☛ Remove, damage or set fire to any vegetation or any object of geological, historical or other scientific interest.
- ☛ Introduce any plant or animal into the park
- ☛ Deface or write on any rocks, trees or buildings.

For more information, please contact :

SABAH PARKS

P.O. Box 10626,

88806 Kota Kinabalu.

Tel : 088-211585/211652/211881

MTPB Sabah

Wing Onn Building.

Jalan Sagunting,

88000 Kota Kinabalu.

Tel : 088-248698

Fax : 088-241764

Telex : MA80614 TDC BKI



*The majestic summit of Mt. Kinabalu, South-East Asia's highest mountain*



This Marine Park comprises a chain of small islands off Sabah's east coast, the main ones being the islands of Selingan, Gulisan and Bakungan Kecil. The islands are built up from coral shingle over shallow rocky shoals from the surrounding reefs on the fringes. A fascinating variety of plant life may be found here namely mangrove, lantana, the yellow-flowered sophora and the Tournefortia with its distinctive silvery furry leaves.

The islands are, however, more well known for the turtles which come to nest on their sandy shores. Pulau Selingan is especially favoured by the green turtles which nest in its shores between August to October while the Hawksbill Turtles come ashore on Pulau Gulisan to lay their eggs, between the months of February to April.

# TURTLE ISLANDS PARK



It is necessary to obtain prior permission to visit the Park from the Park office at Sandakan.

Please contact:

TURTLE ISLANDS PARK  
9th Floor, Wisma Khoo,  
P.O. Box 768,  
90008 Sandakan.

Tel: 089-273453 Fax : 089-274718

## Accommodation

There are self-contained chalets on Pulau Selingan. A cafeteria is now available on Selingan Island which is open daily.

## How to get there

The islands are about 40 km from Sandakan and may be reached after a 3 hour boat ride. Fare : RM400.00 per 4 persons.





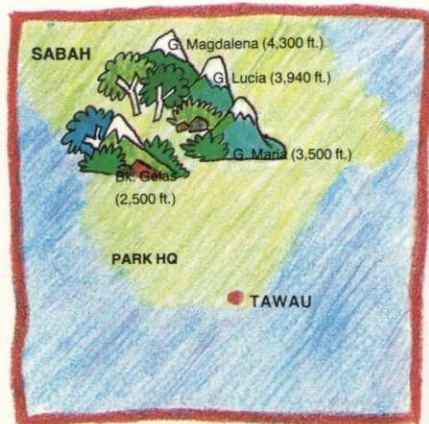
The Tawau Hills Park, situated about 24km from Tawau on the east coast of Sabah, was gazetted as a park to protect the water catchment for Tawau and Semporna. The landscape is characterised by rugged volcanic terrain contrasting with the flat plantations of oil palm, rubber and cocoa on the western boundary.

A rich variety of plant life abounds here, ranging from dipterocarps and lianas in the lowlands to thick, damp and mossy forests on the upper reaches. Agathis, Mountain Ru, tree ferns, orchids and begonia vie for attention. Of special interest is the Mengaris tree, whose smooth grey trunk makes it difficult to climb. Wild bees build their honey-combs here to protect them from the honey bears.

The Park also is home to macaques, redleaf monkeys, forest tortoises, giant tree squirrels, hornbills and pheasants. Occasionally, one may chance upon civet cats, leopard cats and clouded leopards.

The Park is a favorite picnic spot on weekends offering visitors the delights

# TAWAU HILLS PARK



of nature - meandering streams, sea waterfalls, hot springs and jungle trails. The peak of Bombalai Hill, 530m above

level, offers climbers a sweeping panorama of the plantations, Tawau town in the distance and the Sulawesi Sea.

No accommodation is available in the Park and visitors have to make their own transport arrangements.

## How to get there

The Park may be reached via a maze of rough roads through estates. The Park Headquarters at the southern boundary is approximately 24km from Tawau.

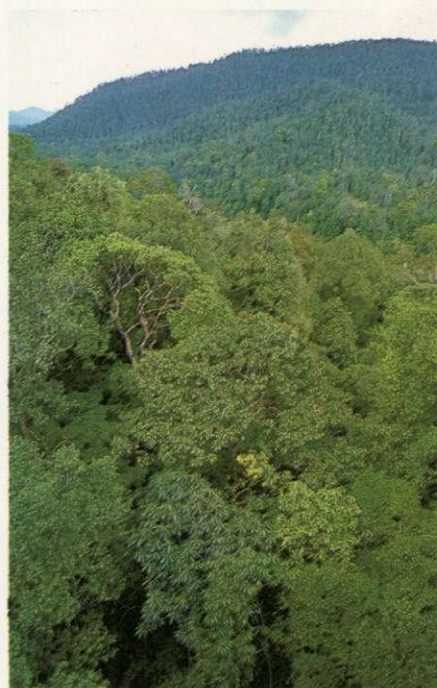
For further information, please contact :-

RANGER'S OFFICE  
Tawau Hill Park  
WDT 118, 91009 Tawau.

Tel : 01-810-676  
ATUR : 011-810676  
Fax : 011-884917 OR  
TURTLE ISLANDS PARK  
9th Floor, Wisma Khoo,

P.O. Box 768,  
90008 Sandakan.

Tel : 089-273453 Fax : 089-273453





Within the boundaries of Gunung Mulu National Park can be found all the major inland vegetation types of Borneo, Sarawak's second highest peak and the most extensive and spectacular cave system on earth, all within an area of about 544 sq.km ( 52,866 ha. ). Frequently noted is that Mulu " defies description ".

During caving expeditions between 1976 and 1984, over 26 caves comprising 159 km of passages were surveyed and it is believed that this represents less than 30% of the caves in Mulu.

600 metres long, 450 metres wide and 100 metres high, Mulu's Sarawak Chamber is the largest natural chamber in the world.

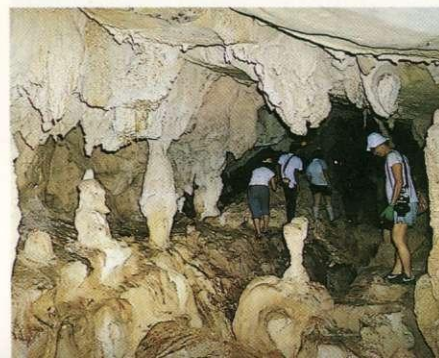
At 100 metres wide and 120 metres high, Deer Cave is the largest cave passage known to man. Most of it is illuminated and it is possible to see the 190-metre high waterfalls pouring from the roof after a rain storm.

At 51<sup>1</sup>/<sub>2</sub> km; Clearwater Cave is the longest cave system in Southeast Asia. Gunung Api, a 1750 m mountain of limestone lies directly beside Sarawak's second highest peak, Gunung Mulu at 2376 m. Both mountains are over 5 million years old. 900 metres up on the side of Gunung Api are the pinnacles. Sculpted and grooved by rain for over five million years, the pinnacles rise above tree tops to a height of 45 m.

## Flora and Fauna

The forests here range from peat swamp, heath and mixed dipterocarp at lower elevations, upward through limestone and moss forests to the stunted upper montane vegetation at Gunung Mulu's summit. The diversity of plants and animals have been known for at least two decades. To date, Mulu is known to contain 1500 species of flowering plants including 170 species of orchids and 10 species of pitcher plants, excluding thousands of fungi, mosses and ferns.

# GUNUNG MULU NATIONAL PARK



There are over 67 species of mammals, 262 species of birds ( including all 8 types of hornbills in existence ), along with 74 species of frogs, 47 species of fish, 281 species of butterflies and 458 species of ants .

Almost every evening over Deer Cave there rises a wheeling, twisting black cloud of hundreds of thousands of free-tailed bats exiting from their roosts within the cave. Other common cave dwellers include 3 species of swiftlets, centipedes, earwigs, spiders and giant crickets.

## How to get there

### Miri to Marudi

From Miri, it is possible to fly to Marudi on Malaysia Airlines. ( several flights daily, duration of flight is 15 minutes ) or to travel by road to Kuala Baram and then by express boat to Marudi.

## From Marudi to Mulu

From Marudi, the cheapest way is to take a commercial express boat to Kuala Apoh or Long Panai on the Tutoh River, a 3-hour journey. The express departs Marudi at noon and returns the next day in the morning.

Fares are as follows:

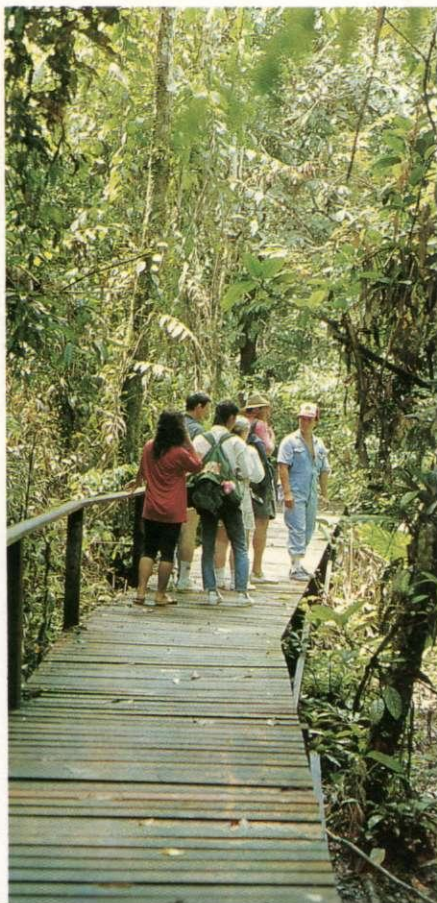
- Express boat fare -  
Kuala Baram to Marudi - RM12.00
- Express boat fare -  
Marudi to Kuala Apoh - RM10.00  
Marudi to Long Panai  
(High tide only) - RM12.00
- Longboat from Kuala Apoh or Long Panai to Mulu National Park is RM35.00 per person one way, subject to a minimum charge of RM150.00 for less than 4 passengers.
- Short longboat trips -  
Kuala Apoh to  
Long Terawan - RM7.00  
Long Panai to  
Long Terawan - RM5.00



## Accommodation

It is advisable that visitors book their accommodation beforehand and obtain permits from the National Parks and Wildlife Office, Forest Department in Miri. The booking fee is RM20.00 per party and the maximum party size is 10 persons. Bookings must be confirmed 5 days in advance before the intended visit or the fee will be forfeited.

A large resthouse at the Park HQ offers suitable accommodation with 3 suites and 8 ordinary rooms. There are also hostels down the river at Long Pala. Each hostel has 2 bedrooms with double bunks for 4 to 6 persons, a kitchen and bathrooms. Cutlery, crockery and bed-linen are included. Guesthouses at Long Pala provide simple accommodation and restaurant facilities. Upon arrival, visitors are advised to report to the Park Ranger at the Park Headquarters.



## Guides

Experienced guides are available at RM20.00 per day plus RM10.00 per night away from home. Minimum rate for the Mulu summit trip is RM 110.00 ( equivalent to 4 days, 3 nights ) and for the pinnacles RM80.00 ( 3 days 2 nights ) Larger parties will require more than one guide. Bookings can be made through the National Parks and Wildlife Office in Miri or the Park Ranger in Mulu. No visitor will be allowed to enter the park without an authorised guide.

## Be prepared

- ☛ Strong dependable footwear is advised. To avoid sunburn , slacks, long-sleeve shirts and hats are recommended.
- ☛ Temperature ranges from 24 to 32 degrees celsius and falls to 14 degrees or lower at night.
- ☛ Layered clothing made of natural fibres is recommended. As rain is expected anytime, rain gear and water proofing of your equipment is recommended.
- ☛ It is vital that you bring along enough food, drink, batteries, insect repellent, toiletries & first aid kit.
- ☛ If you are going to the summit, a sleeping bag is essential.
- ☛ Water should be boiled before drinking.
- ☛ Please do not litter the park. Kindly familiarize yourself with the Park regulations. Any visitor caught contravening the park regulations is liable to a RM200.00 fine and one year jail sentence.

For further information contact:-

NATIONAL PARKS AND WILDLIFE OFFICE

1st Floor,  
Wisma Sumber Alam  
93050 Kuching,  
Sarawak,  
Malaysia.  
Tel : 082-442180/201

OR  
SECTION FOREST OFFICE  
98000 Miri,  
Sarawak,  
Malaysia.  
Tel : 085-36637



The Niah National Park is the site of the Niah Caves, one of the largest limestone caves in the world. The Park is spread over 3,102 hectares of forest and limestone. Guning Subis, which is 394 m ( 1,294 ft ) high, dominates the landscape. Pre-historic paintings and the remains of the artists themselves have been found there. Archaeologists have also discovered remains of a pre-historic man in the Great Cave. Between the months of August to December and from January to March one activity that gathers interest is the collection of birds' nest. Another interesting activity is the collection of guano, bird and bat faeces which is used as fertilizer.

### Flora and fauna

More than half the park is covered with limestone resulting in limestone vegetation predominating the common herbs. The families of Balsaminaceae and Begoniaceae are commonly seen at the entrance of the Traders' and West Mouth Caves. Peat swamp and mixed dipterocarp can also be found in the Niah. Animals are not easy to spot , but if you are lucky you may catch a glimpse of the park's inhabitants like the long-tailed macaques, bulbuls, trogons, squirrels, flying lizards, Rajah Brooke butterflies, hornbills, mouse-deer and water monitors.

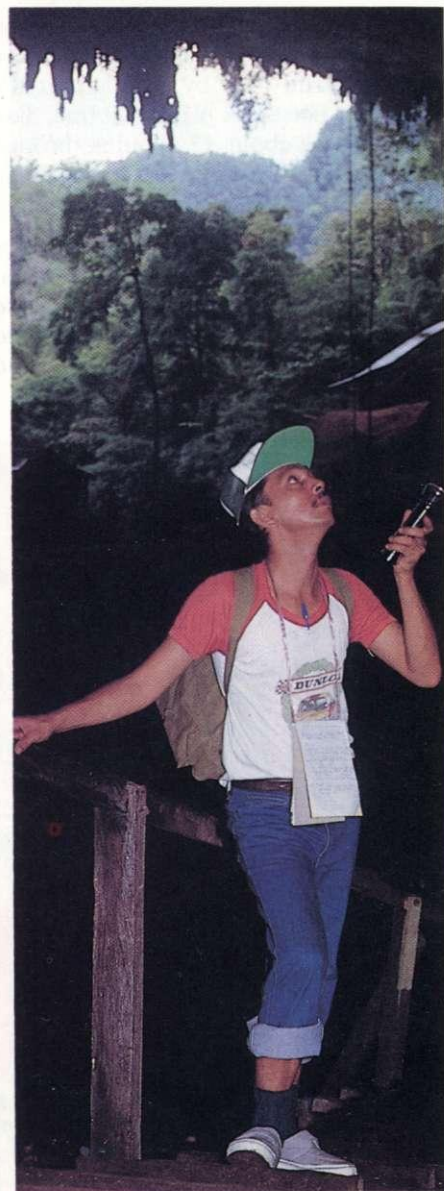
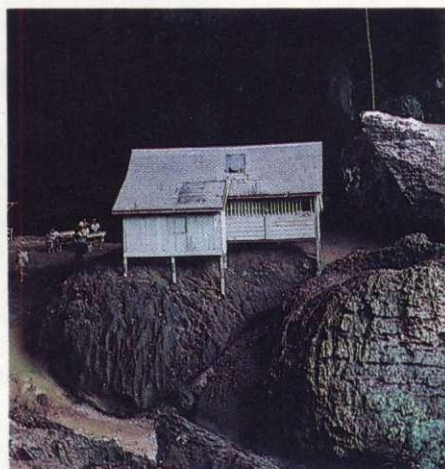
### How to get there

Niah National Park is accessible by road via Miri or Bintulu, 2 hours from Miri and 3 hours from Bintulu, to the Park Headquarters. From Miri, it costs RM15.00 per person while from Bintulu it costs RM30.00. If you travel by bus, you will have to take a boat along the Niah river from Batu Niah town to the Park Ranger's office for RM5.00 for a return trip per boatload. The bus fare costs RM8.50 one way.

### Getting to the cave

The hostel and resthouses are on the opposite sides of the Niah River at Pangkalan Batu. To get to the

# NIAH NATIONAL PARK





resthouses or go the the caves ( if you are staying at the hostel ) you will have to cross the river by longboat at RM 0.50 per person. A plankwalk trail, 3km long taking about 45 minutes through virgin lowland will get you to the Great Cave.

Walking to the Painted Caves takes another 30 minutes. To discover what both caves have to offer, it is best to spend at least the whole day there and come prepared with food, water and

proper walking shoes. Visitors can also explore marked jungle trails, climb a 400m limestone ridge or visit an Iban longhouse.

### Accommodation

The park has 4 resthouses, one large hostel and campfly at the following rates:

Rent of Resthouse ( standard ) per night

Per house -----RM60.00

Per room -----RM30.00

( Each room is provided with 4 single beds )

Rent of hostel ( old ) per night

Per adult -----RM3.00

Per student -----RM1.00

Rent of campfly ( per night ) RM2.00

The resthouses and hostel are provided with electricity, showers, refrigerator and cooking facilities.

Accommodation has to be booked in advance at the park's office in Miri.





The Bako National Park covers 2,742 hectares of a rugged sandstone peninsula to the east of the Bako River near Kuching. Millions of years of erosion has created a coastline of steep cliffs, rocky headlands and stretches of white sandy bays. The coastline is also dotted by a sandstone cliff vegetation that's characteristic of Bako. Other major vegetation types include the mangrove forest, mixed dipterocarp forest, peat swamp forest, kerangas forest and kerangas scrub. Packed with variety and contrast, much wonder and fascinating things are in store for the visitor. Visitors to Bako are bound to be captivated.

### Flora and fauna

There is an abundance of different species of vegetation. Beach forest and cliff vegetation, mangrove swamp, mixed dipterocarp, kerangas pole forest and padang scrub can be found on the coastline and the inner of the Park. The Park is dominated by a sandstone plateau which averages about 100 metres above sea level. The kerangas, scrub and padang are inhabited by sundew, bladderwort, the carnivorous pitcher plant and the epiphytic ant-plants. At Bako, it is possible to see practically every type of vegetation found in Borneo.

The proboscis monkey, a rare and endangered species makes its home in Bako's mangrove forest. The Park's residential compound is where the silver leaf monkeys and the long-tailed macaques often drop by. Other visitors include large water monitor lizards and wild pigs.

At low tide, brightly coloured crabs and amphibious mud-skippers can be seen. Rare birds in the Park include the protected white-bellied sea eagle and the multi-coloured barbet.

### Jungle trails

There are over 30km of well-marked trails leading to all sections of the Park.

# BAKO NATIONAL PARK



Explore scenic spots, have a picnic by the beach, take a dip at the waterfalls near Telok Tajor, or go for long walks.

### Beautiful beaches

Telok Assam, Telok Paku and Telok Pandan Kechil are excellent spots for swimming during mid and high tides.

### How to get there

The Park is accessible from Kuching along a 37km road and a short ferry ride across Sungai Santubong. The Bako Road is flanked by coconut plantations before reaching Kampung Bako near the mouth of the Sungai Bako. To reach the Park, another 25-minute by longboat ride along the Bako river is needed. The return fare is RM50.00 per boatload journey.

The maximum capacity of the boats is 12 persons.

A regular bus service operates from Kuching to Kampong Bako.

### Accommodation

Accommodation in Bako National Park are of various types. Some of them include Deluxe Resthouses, Standard Resthouses, Semi-detached lodges, 4-door hostel, rental of campfly and rental of campsite.

### Be prepared

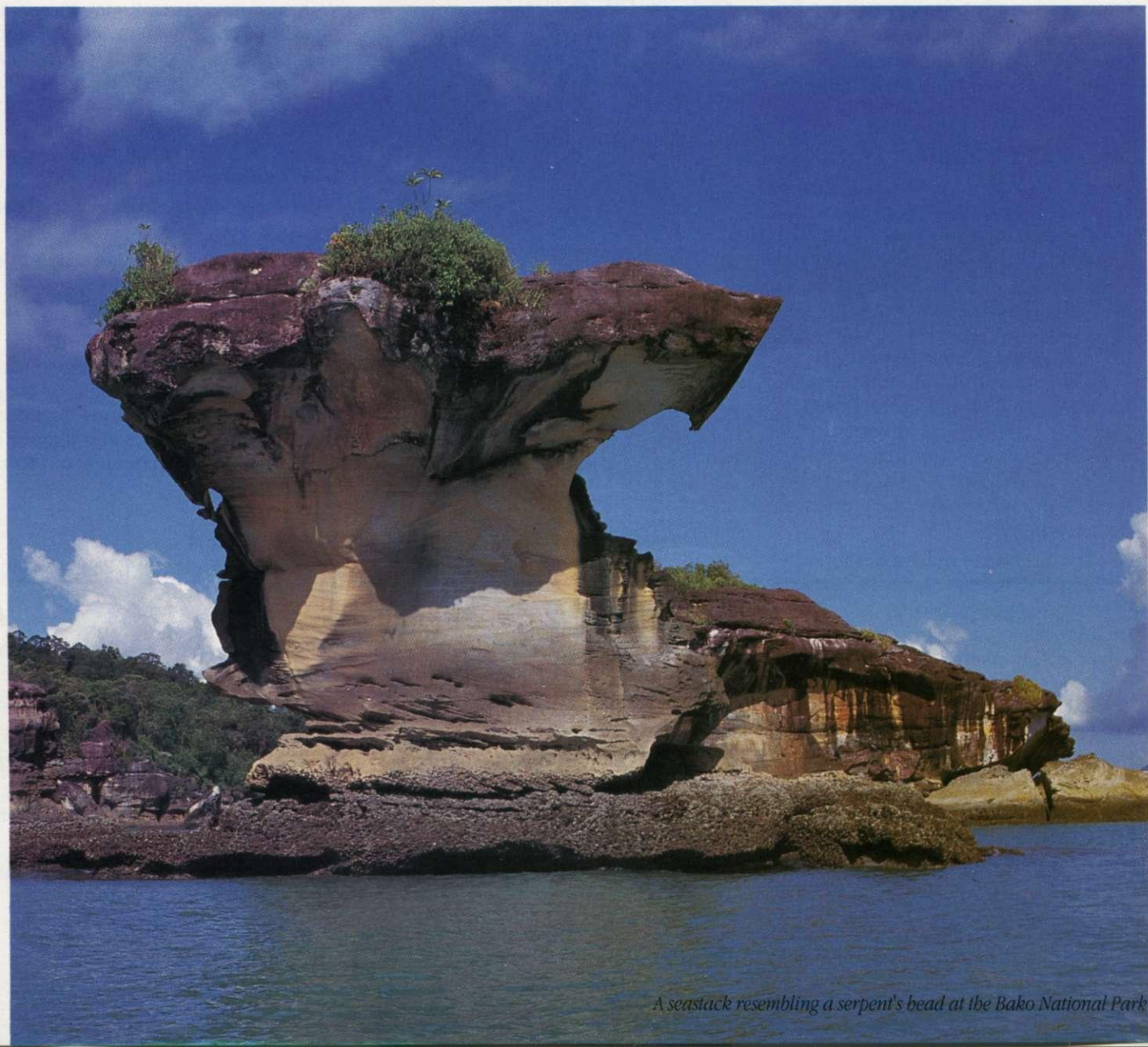
Visitors to Bako are to take note that it is an offence to

- ☞ fish
- ☞ kill, capture, disturb, trap or poison any animal
- ☞ Bring into the park any dangerous weapon, trap or explosive
- ☞ Cut, remove or set fire to any vegetation
- ☞ Introduce any animal or plant into the park
- ☞ Destroy, deface or remove any object, living or non-living
- ☞ Damage any building or structure
- ☞ Litter



Fines for offences range from RM1,000 to RM2,000 and imprisonment from six months to one year.

Visitors are requested not to play music loudly after 10.00 p.m. and before 7.00 a.m. and help to maintain a peaceful ambience while walking along the jungle trails.



*A seastack resembling a serpent's head at the Bako National Park*



Covering an area of 7,067 hectares, Similajau National Park has been earmarked primarily for the conservation of the flora and fauna and unique geological characteristics of this coastal area. The Forest Department also intends to further develop the area for recreation, nature education, scientific research and tourism promotion.

### Flora and fauna

There are three main types of vegetation at Similajau. These are the littoral fringe, kerangas and mixed dipterocarp forest. The littoral fringe has three distinctive variations: rocks and cliffs, beach vegetation and mangrove. Common species found in the Kerangas are Rhu and Selunsur. Smaller plants of interest like the pitcher plant in various sizes and orchids are plentiful in Similajau. Common tree species found in the Mixed Dipterocarp Forest include Keruing and Meranti.

Animals in the park include Gibbons, Banded Langurs, Long Tailed Macaques, Shrews, Mouse Deer, Wild Boar, Porcupines, Civets, Barking Deer and Squirrels. 185 species of birds have been recorded in Similajau. They include Hornbills, migratory water birds and Storm's Storks.

Storks are also visitors to the Park. The Saltwater Crocodile is also found there and even dolphins and porpoises can sometimes be seen among the waves. The primitive horseshoe crab can be found at the tide line. Green Sea Turtles occasionally use Similajau's "Golden Beach" and "Turtle Beaches" for nesting.

### How to get there

Situated approximately 20 km northeast of Bintulu town, it has its headquarters at Kuala Likau, about an hour's boat ride from Bintulu. A road is being constructed and is expected to be open soon.

# SIMILAJAU NATIONAL PARK



### Accommodation

It is recommended that visitors spend a few days in the Park in order to fully explore the Park properly. Simple and adequate accommodation such as chalets, hostels and camping sites are available.

Bookings and permits must be made and obtained through

BINTULU DEVELOPMENT AUTHORITY

Section Forest Office

Forest Department

Bintulu, Sarawak

Tel: 086 -332011

### Be prepared

Before embarking for Bintulu, visitors are advised to bring along shorts and T-shirts, slacks, long sleeve shirts, hats, jogging shoes or rubber boots, water bottles, sun tan lotion & insect repellent.

While in Similajau, visitors are forbidden to

- fish
- kill, capture, disturb, trap or poison any animal
- bring into the Park any dangerous weapon, trap or explosive
- cut, remove or set fire to any vegetation
- introduce any animal or plant into the Park
- destroy, deface or remove any object, living or non-living
- damage any building or structure.

Fines for various offences range from RM1,000 to RM2,000 and imprisonment from six months to one year.



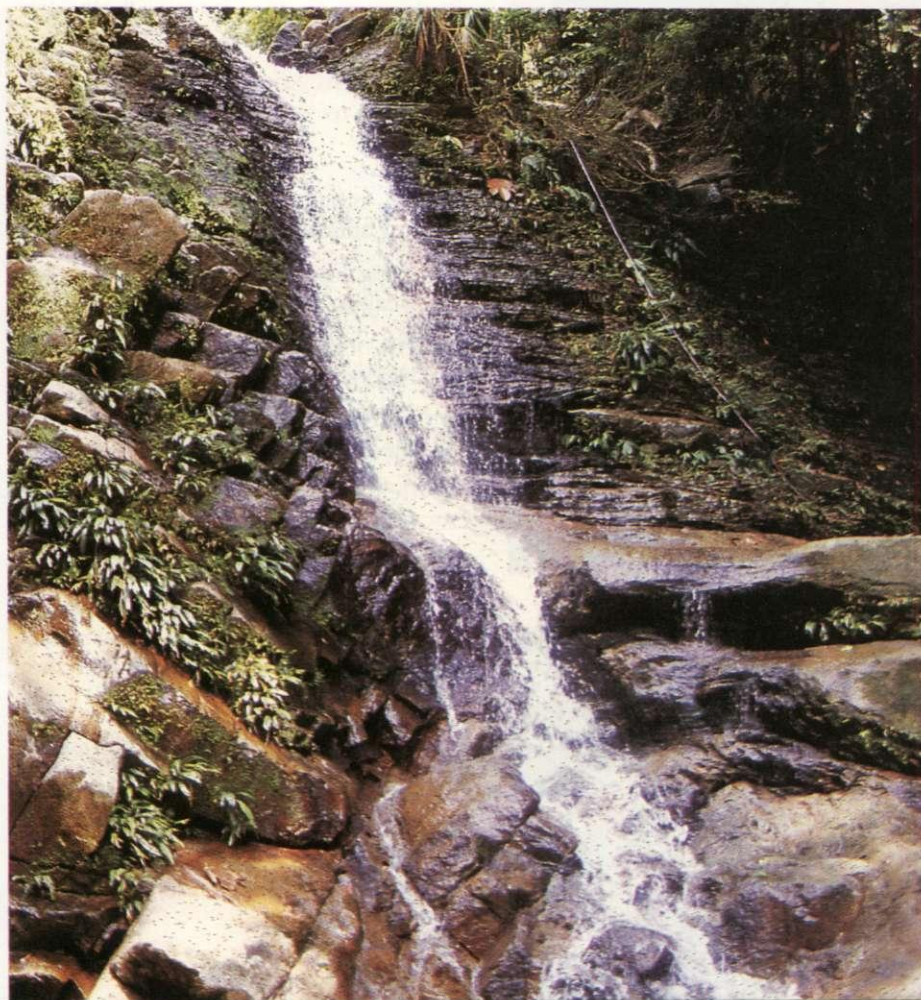
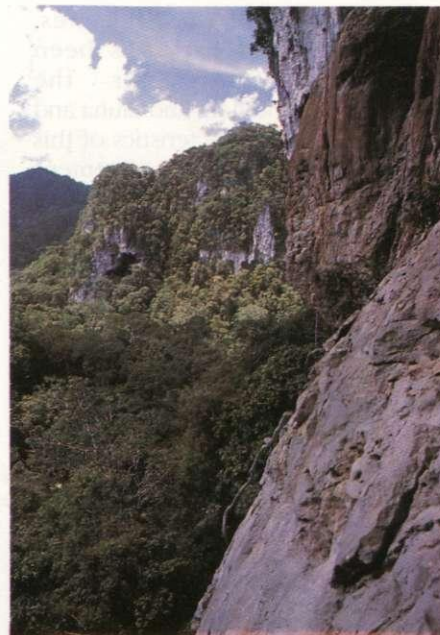
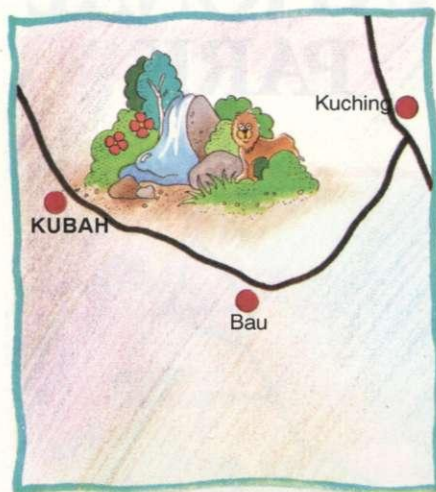
Situated 20 km west of Kuching and spread over 24 square kilometres, Kubah has much to offer the day-tripper.

The area is composed primarily of sandstone, siltstone and shale. The Plateau Sandstone Formation has a scrap-bounded range which includes Mt. Serapi, Mt. Selang and Mt. Sendok. Hardened sandstone between the 150m and 400 m contour lines cause the fast flowing crystal water to flow over a series of waterfalls, some as high as 10 metres. There are three 7-tiered waterfalls.

### Flora and fauna

The forest consists of generally mixed dipterocarp, and contains several species of fruit trees and patches of scrub forest, kerangas.

# KUBAH



Kubah is also rich in palms and orchids which include species of *Lincuala*, *Rattans*, *Pantu*, *Pinanga*, *Appendicula*, *Dipodium*, *Eria* and others.

Kubah is also the home of a large and varied animal community such as the Bearded Pig, Mouse Deer, Squirrel, Black Hornbill and many species of amphibians and reptiles.

### How to get there

The national park is very accessible to day trippers.

### Accommodation

At present there are no facilities for visitors





The Lambir Hills, a chain of steep sandstone bounded by rugged cliffs, rise majestically to a peak at 450 metres. The lower slopes and valleys are home to huge stands of mixed dipterocarp forests while the higher ridges are dominated by heath forest. The Park is also a haven for plant enthusiasts as there is a rich variety of trees there.

Within the Park can also be found wild life such as the Borneo gibbon, bearded pig and the barking deer. There are also more than a hundred or more known species of birds in the Park. For bird watchers, tree top huts are provided. Jungle tracks and a suspension bridge, a cool green ambience, the roar of a cascading waterfall all add to the excitement at the Park.

### Flora and fauna

Lambir proudly offers the classic formations with various distinctive vegetation types - Mixed Dipterocarp Forest ( MDF ), Kerangas Forest and other vegetation which includes the remnant and logged MDF areas of shifting cultivation and sites of development. This area covers about 54% of the park's area. The ground flora consists of an unusual extent of palms like the Licuala and the strange stilt-rooted Eugeissona. Various other species of aroids, ginger, ferns, terrestrial orchids, epiphytes and vines are all in abundance.

Kerangas Forest occupies about 14.5% of the Park. The Lambir's Kerangas Forest is dominated by the Hill Casuarina. The ground flora includes shrubs, rare ferns, several species of pitcher plants and several plants.

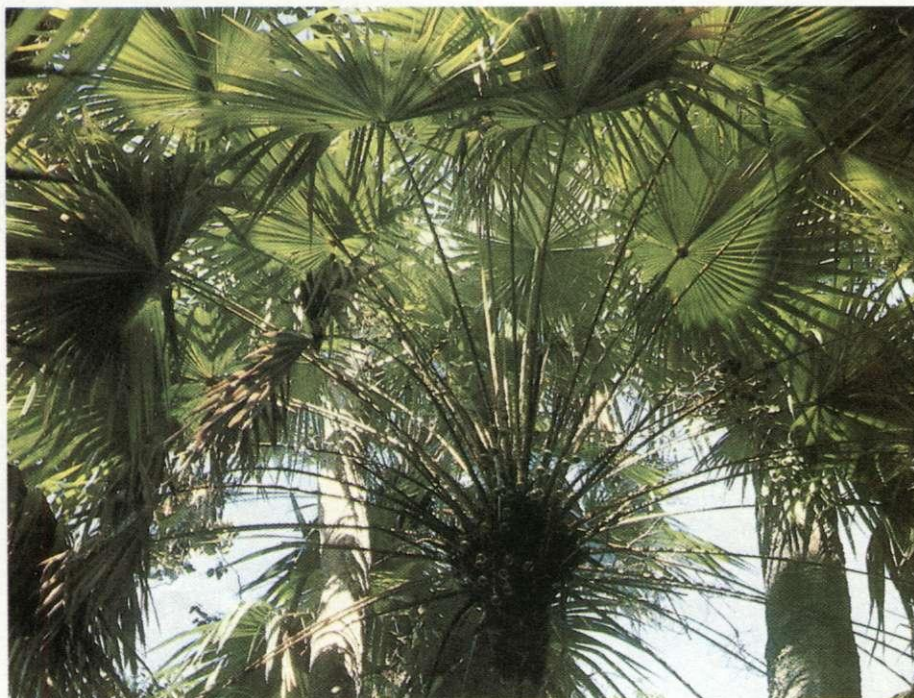
Lambir also has a wide and representative range of animal species. Species include Bats, Rodents, Pangolins, Monkeys, Pigs and Barking Deer. 157 species of birds have also been found in the park.

# LAMBIR HILLS NATIONAL PARK



### How to get there

The Park is about half an hour's drive from Miri. Several organised trips to the Park depart from Miri in the early morning and return to Miri after lunch. On request, overnight stays can be arranged.





## Be prepared

It is suggested that visitors bring along these items:

### 1. Clothing:

Shorts and T-shirts can be worn, but slacks, long sleeve shirts, hats/caps are recommended for protection against sunburn and insects.

### 2. Footwear:

Training or rubber shoes should be worn, slippers or smooth-soled shoes are not suitable as trails can be muddy and slippery after rain.

### 3. Water Bottle:

Necessary for longer walks in the park

### 4. Torch:

For night walks a torch is essential.

Kindly note that it is an offence to

- ☛ fish,
- ☛ kill, capture, disturb, trap or poison any animal,
- ☛ bring in to Park any dangerous weapon, trap or explosive,
- ☛ cut, remove or set fire to the vegetation
- ☛ introduce any animal or plant into the Park
- ☛ destroy, deface or remove any object, living or non-living
- ☛ damage any building or structure and its contents
- ☛ litter

Fines range from RM1,000 to RM2,000 and imprisonment from six months to one year.





Space



# Malaysia Tourism Promotion Board (Tourism Malaysia) Offices

## DOMESTIC

### HEAD OFFICE

17th, 24th-27th & 30th Floor,  
Menara Dato' Onn,  
Putra World Trade Centre,  
45, Jalan Tun Ismail,  
50480 Kuala Lumpur.  
Tel : 03-293-5188  
Fax : 03-293-5884

### REGIONAL OFFICES

#### NORTHERN REGION

10, Jalan Tun Syed Sheh  
Barakbah,  
10200 Pulau Pinang.  
Tel : 04-261-9067, 262-0066  
Fax : 04-262-3688

#### SOUTHERN REGION

No. 1, 4th Floor,  
Tun Abdul Razak Complex,  
Jalan Wong Ah Fook,  
80000 Johor Bahru.  
Tel : 07-222-3591, 224-0288  
Fax : 07-223-5502

#### EAST COAST REGION

2243, Ground Floor,  
Wisma MCIS,  
Jalan Sultan Zainal Abidin,  
20000 Kuala Terengganu.  
Tel : 09-622-1433, 622-1893  
Fax : 09-622-1791

#### SABAH OFFICE

Ground Floor,  
Wisma Wing Onn Life,  
No. 1 Jalan Sagunting,  
88000 Kota Kinabalu.  
Tel: 088-248-698, 242-064,  
211-732  
Fax: 088-241764

#### SARAWAK OFFICE

Tingkat 2,  
Bangunan Rugayah,  
Jalan Song Thian Cheok,  
93100 Kuching.  
Tel: 082-246-575, 246-775  
Fax: 082-246-442

## OVERSEAS

### AUSTRALIA - Perth

56, William Street,  
Perth WA 6000,  
AUSTRALIA  
Tel : 09-481-0400  
Fax : 09-321-1421

### AUSTRALIA - Sydney

65, York Street,  
Sydney, NSW 2000,  
AUSTRALIA  
Tel : 02-299-4441/4442/4443  
Fax : 02-262-2026

### CANADA

830, Burrard Street,  
Vancouver, B.C.,  
CANADA V6Z 2K4.  
Tel : 604-689-8899  
Fax : 604-689-8804

### FRANCE

Office National du Tourisme  
de Malaisie,  
29, Rue des Pyramides  
75001 Paris,  
FRANCE  
Tel : 331-4297-4171  
Fax : 331-4297-4169

### GERMANY

Rossmarkt 11,  
60311 Frankfurt Am Main,  
GERMANY  
Tel : 069-283-782/783  
Fax : 069-285-215

### HONG KONG

Ground Floor, Malaysia Building,  
No. 47-50 Gloucester Road,  
HONG KONG  
Tel: 2528-5810/5811  
Fax: 2865-4610

### ITALY

Secondo Piano,  
Piazza San Babila 4/B,  
20122 Milano,  
ITALY.  
Tel : 02-796-702  
Fax : 02-796-806

### JAPAN - Osaka

10th Floor,  
Cotton Nissay Building,  
1-8-2, Utsubo-Honmachi,  
Nishi-ku,  
Osaka, 550  
JAPAN  
Tel: 06-444-1220  
Fax: 06-444-1380

### JAPAN - Tokyo

2nd Floor, Nichiginmae  
Kyodo Building,  
3-2-4, Nihombashi-Hongokuchō,  
Chūō-ku, Tokyo 103,  
JAPAN  
Tel : 03-3279-3081  
Fax : 03-3241-8188

### SINGAPORE

10, Collyer Quay,  
#01-06, Ocean Building,  
SINGAPORE 0104.  
Tel : 02-532-6321/6351  
Fax : 02-535-6650

### SOUTH AFRICA

1st Floor, Hutton Court,  
CNR Jan Smuts Avenue &  
Summit Road,  
Hyde Park, 2196 Johannesburg,  
SOUTH AFRICA  
Tel : 2711-327-0400/0401/0206  
Fax : 2711-327-0205

### SOUTH KOREA

1st Floor, Han Young Building,  
57-9 Seosomun-dong,  
Chung-ku, Seoul,  
SOUTH KOREA.  
Tel: 02-779-4422/4251/4253(DL)  
Fax : 02-779-4254

### SWEDEN

Sveavägen 18,  
Box 7062,  
10386 Stockholm,  
SWEDEN.  
Tel : 46-8-249-900  
Fax : 46-8-242-324

### TAIWAN

Malaysia Tourist Information  
Centre  
1st Floor, No. 147, Section 1,  
Fu Hsing South Road, Taipei,  
TAIWAN.  
Tel : 02-740-0532/0533  
Fax : 02-740-0534

### THAILAND

**THAILAND**  
Unit 902 Liberty Square,  
287 Silom Road, Bangkok 10500,  
THAILAND.  
Tel: 02-631-1994-6  
Fax: 02-631-1998

### UNITED KINGDOM

57, Trafalgar Square,  
London WC2N 5DU,  
UNITED KINGDOM.  
Tel : 071-930-7932 (4 lines)  
Fax : 071-930-9015

### U.S.A.- Los Angeles

818, Suite 804, West 7th Street,  
Los Angeles, CA 90017,  
U.S.A.  
Tel : 213-689-9702  
Fax : 213-689-1530

### U.S.A. - New York

595, Madison Avenue,  
Suite 1800,  
New York, NY 10022  
Tel : 212-754-1113/1114/1115  
212-754-1117(DL)  
Fax : 212-754-1116

Tourist Information Centres contained herein are correct at the time of printing. Whilst every care has been taken in preparation of this brochure, the Malaysia Tourism Promotion Board cannot be held responsible for any inaccuracy, omission or alteration that may occur.

NP(E) 6/95

Published by : Tourism Malaysia,  
Ministry of Culture, Arts and Tourism